



## **#Together against COVID-19: We are looking for participants for an online survey (ECLB-COVID19)**

09.04.2020 - A multiple-languages online survey: Effects of Home Confinement on Multiple Lifestyle Behaviours During the COVID-19 Outbreak (ECLB-COVID19)

In March 2020, the World Health Organization (WHO) made the assessment that COVID-19 can be characterized as a pandemic. WHO and public health authorities around the world are acting to contain the COVID-19 outbreak through home confinement. However, this time of crisis is generating stress throughout the population.

Leaded by the Institute of Sport Science at Otto-von-Guericke Univresity, the present survey aim to assess, in many countries, the effects of home confinement on multiple lifestyle behaviours during the COVID-19 outbreak.

We are therefore, inviting you to take this survey. Your valuable time and feedback will help us better understand changes in lifestyle behaviours during the COVID-19 confinement period. Such findings may help doctors/scientists/engineers to provide efficient and effective suggestions/solutions (e.g., ICT-based solutions) to mitigate the possible unwanted psychosocial effects of home confinement.

The survey will take about 15 minutes to complete. Please click on the following link to access the survey. Your answers will be kept anonymous and confidential.

› Effects of Home Confinement on Multiple Lifestyle Behaviours During the COVID-19 Outbreak (ECLB-COVID19)

(<https://docs.google.com/forms/d/1BJDRBfNLI1m2hmjP0ZVzMsy8e7i3HUUOIfzdYI3hzUw/viewform?>

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